

LEARNING DOMAIN 33 – ARREST METHODS/DEFENSIVE TACTICS COMPETENCY TEST FORM

Training and Testing Specifications – Chapter IX.C

CONTROL HOLD(S) EXERCISE TEST

SECTION 1: INITIAL TEST			Go to: Exercise Test Observable Behaviors	
1. STUDENT NAME (LAST, FIRST, MI)			2. STUDENT I.D. NUMBER	
3. COURSE PRESENTER AND LOCATION			4. ACADEMY CLASS NUMBER	
5. TECHNIQUES USED				
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>		
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>		
6. PERFORMANCE DIMENSIONS	PASS	FAIL	7. COMMENTS (REQUIRED FOR FAILURES)	
– Safety	<input type="checkbox"/>	<input type="checkbox"/>		
– Awareness	<input type="checkbox"/>	<input type="checkbox"/>		
– Balance	<input type="checkbox"/>	<input type="checkbox"/>		
– Control	<input type="checkbox"/>	<input type="checkbox"/>		
– Controlling Force	<input type="checkbox"/>	<input type="checkbox"/>		
– Proper Techniques	<input type="checkbox"/>	<input type="checkbox"/>		
– Verbal Commands / Instructions	<input type="checkbox"/>	<input type="checkbox"/>		
–	<input type="checkbox"/>	<input type="checkbox"/>		
–	<input type="checkbox"/>	<input type="checkbox"/>		
8. TEST RESULTS: <input type="checkbox"/> PASSED <input type="checkbox"/> FAILED			9. TOTAL SCORE:	10. MINIMUM PASSING SCORE:
11. Evaluator Print Name:			12. Evaluator Signature Date	
13. Student (On Failure ONLY) Print Name:			14. Student Signature (On Failure ONLY) Date	
SECTION 2: RETEST				
15. PERFORMANCE DIMENSIONS	PASS	FAIL	16. COMMENTS (REQUIRED FOR FAILURES)	
– Safety	<input type="checkbox"/>	<input type="checkbox"/>		
– Awareness	<input type="checkbox"/>	<input type="checkbox"/>		
– Balance	<input type="checkbox"/>	<input type="checkbox"/>		
– Control	<input type="checkbox"/>	<input type="checkbox"/>		
– Controlling Force	<input type="checkbox"/>	<input type="checkbox"/>		
– Proper Techniques	<input type="checkbox"/>	<input type="checkbox"/>		
– Verbal Commands / Instructions	<input type="checkbox"/>	<input type="checkbox"/>		
–	<input type="checkbox"/>	<input type="checkbox"/>		
–	<input type="checkbox"/>	<input type="checkbox"/>		
17. TEST RESULTS: <input type="checkbox"/> PASSED <input type="checkbox"/> FAILED			18. TOTAL SCORE:	19. MINIMUM PASSING SCORE:
20. Evaluator Print Name:			21. Evaluator Signature Date	
22. Student (On Failure ONLY) Print Name:			23. Student Signature (On Failure ONLY) Date	
24. Academy Coordinator – RETEST ONLY Print Name:			25. Academy Coordinator Signature Date	

LEARNING DOMAIN 33 – ARREST METHODS/DEFENSIVE TACTICS COMPETENCY TEST FORM**Training and Testing Specifications – Chapter IX.C****CONTROL HOLD(S) EXERCISE TEST****SECTION 3: EXERCISE TEST**[Back to Form](#)

An exercise test that requires the student to demonstrate competency in a minimum of two Control Hold techniques.

The student will demonstrate competency in the following performance dimensions:

1. Safety
2. Awareness
3. Balance
4. Control
5. Controlling Force
6. Proper Techniques
7. Verbal Commands / Instructions

Presenters must use the POST-developed Arrest Methods/Defensive Tactics Competency Exercise Test Form or a presenter-developed form approved by POST, which minimally includes the performance dimensions used for this exercise test.

SECTION 4: OBSERVABLE BEHAVIORS FOR PERFORMANCE DIMENSIONS[Back to Form](#)

1. Safety <ul style="list-style-type: none"> Follows facility rules and regulations Follows instructor directions Demonstrates proper use of safety equipment 	5. Controlling Force <ul style="list-style-type: none"> Demonstrates control of subject/suspect Demonstrates use of appropriate force options Demonstrates instructed technique(s) Demonstrates appropriate speed and power
2. Awareness <ul style="list-style-type: none"> Demonstrates awareness of immediate threat(s) Demonstrates awareness of potential threat(s) Demonstrates awareness of immediate environment and other subjects Demonstrates awareness of subject's/suspect's hands, feet, and/or weapons Demonstrates awareness of possible escape routes 	6. Proper Technique(s) <ul style="list-style-type: none"> Replicates technique as instructed Demonstrates fluidity, speed, and power
3. Balance <ul style="list-style-type: none"> Demonstrates balanced stance Demonstrates a strong foundation for self-defense Executes movements in a fluid manner in any direction 	7. Verbal Commands / Instructions <ul style="list-style-type: none"> Demonstrates proper verbal commands/instructions which demonstrate command presence Demonstrates appropriate voice control/tone Requests/demands compliance Allows subject/suspect reasonable time to comply
4. Control <ul style="list-style-type: none"> Displays self-confidence Demonstrates appropriate body language, voice modulation, and physical response(s) Demonstrates proper application of reasonable force Demonstrates when control over a subject has been achieved 	

Additional Instructor Comments: